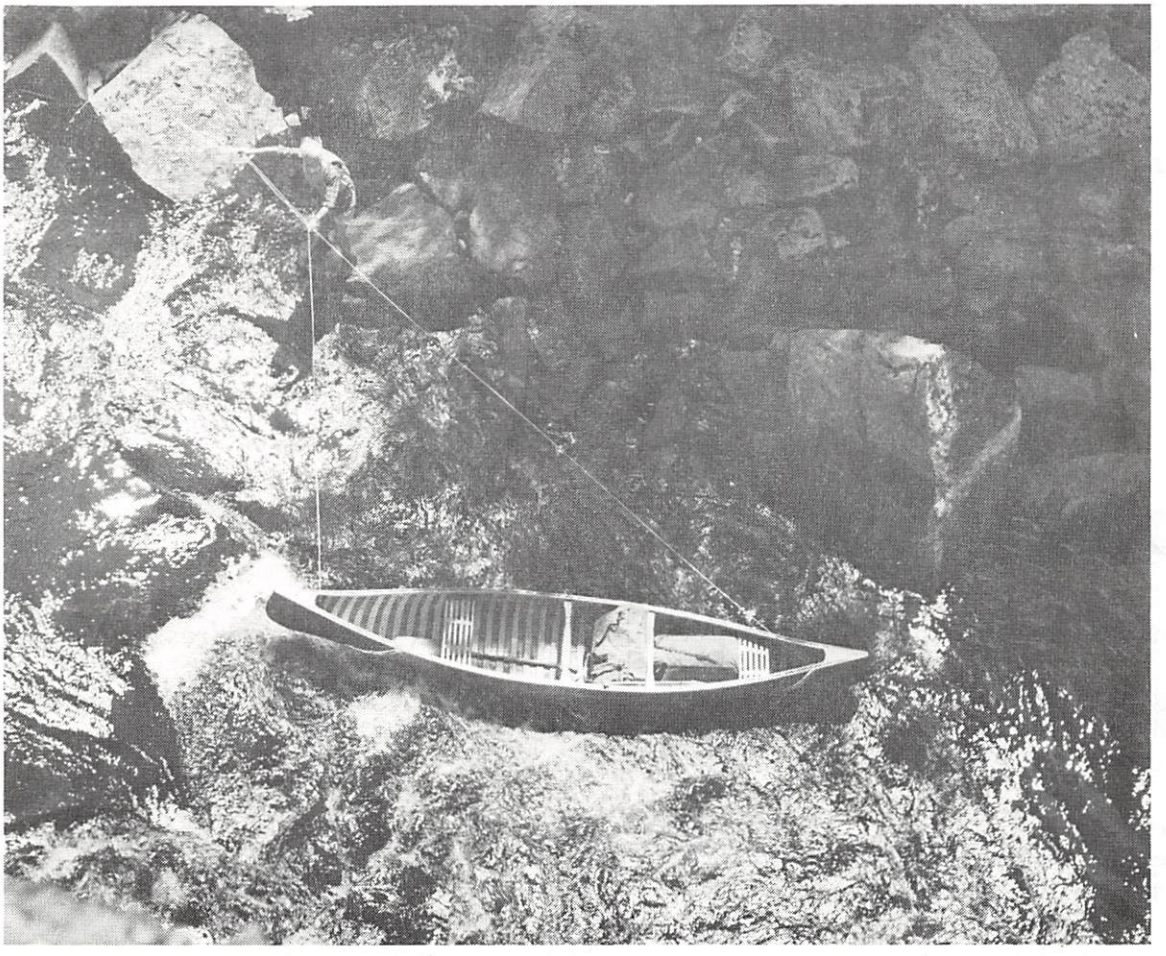
canadian camping



— PATH OF THE PADDLE —

PUBLICATIONS pages 7,8,9.

OFFICIAL PUBLICATION OF THE CANADIAN CAMPING ASSOCIATION
L'ASSOCIATION DES CAMPS DU CANADA — PUBLICATION OFFICIELLE

SUITE 2, 1806 AVENUE ROAD • TORONTO, ONTARIO M5M 3Z1
TELEPHONE (416) 781-4717

Vol. 32 No. 5
October, 1980

member camp membre
canadian camping association
association des camps du canada

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C.C.A. LOGO: These logos are for use with your camp promotional material. Just cut out and use the size you desire for your brochure, stationary etc.

Please note: Your camp can only be accredited by your Provincial Camping Association and not by the C.C.A. Therefore your camp is a member camp of the C.C.A. and not an accredited member.

*DON'T MOVE!

* Unless you let the C.C.A. office in Toronto know your new address.

Beginning with this issue, Canadian Camping will be sent to all member camps and individual members of Provincial Camping Associations directly from the National Sport and Recreation Centre in Ottawa.

The only way we can keep our computerized mailing list up-to-date is for everyone who receives this newsletter to let us know as soon as your moving plans have been completed.

Please add the C.C.A. to the list of those you must notify:

Canadian Camping Association
1806 Avenue Road Suite 2
Toronto, Ontario M5M 3Z1

Please change our/our address from	TO
Include old address label if possible	Effective: day month year

Thought for Food

Here are two more "camp tested" recipes to add to your file for next summer.
Watch for more contributions in future issues. These economical ideas may help you resolve some of the problems inflation is imposing on us in these testing times.

Ham a la King

100 Servings

12 medium (approx. 2 lbs. green peppers
32 diced, hard cooked eggs
12 (4 - 4 oz. tins) pimentos
2 gal. (8 lbs.) cooked, diced ham
or 12 - 12 oz. tins pork

White sauce
2 gal. milk
2½ cups all purpose flour
2½ cups fat
salt to taste

Method

1. Make white sauce
2. Cook peppers
3. Add diced ham, eggs, peppers and pimentos to white sauce and heat.
4. Serve on toast.

"Happiness is like a butterfly
The more you chase it,
the more it will elude you
But if you turn your attention
to other things
It comes and softly sits nearby."

Beef Stroganoff

100 Servings

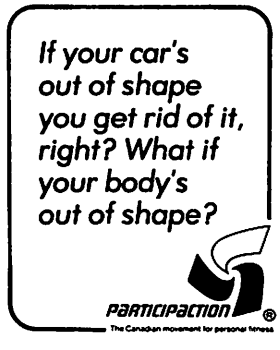
25 lbs. lean stewing beef
1¼ cups margarine
10 cups (2½ lbs.) chopped onion
5 garlic cloves (minced)
5 tbsp. paprika
5 cups water
5 cans (48 oz.) Cream of Mushroom Soup
2 qts. sour cream
5 lbs, 10 oz. cooked broad egg noodles
5/8 tsp. black pepper

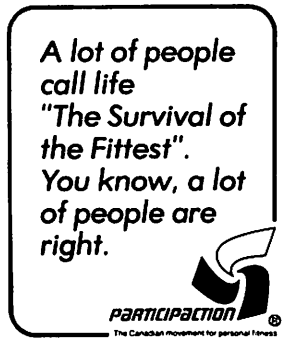
Method

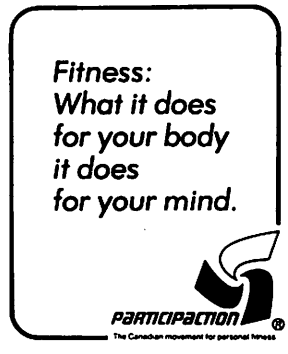
1. Trim and cut stewing beef into 1 inch cubes. Sauté in margarine.
2. Stir in onion, garlic, paprika and pepper.
3. Stir soup until smooth; slowly blend in water to make a smooth sauce; add to meat.
4. Cover meat; simmer for one hour or until meat is tender. Stir occasionally.
5. Stir a little hot sauce into sour cream; stir sour cream into meat mixture.

DO NOT BOIL

6. Serve 6 oz. stroganoff or ½ cup hot cooked noodles.







A COUNSELLOR AND C.I.T. TRAINING PROGRAM

Planning a comprehensive and varied in-camp staff training program is a very desirable practice. It gives your new staff confidence and your old staff an opportunity to assist in presenting a program which will include lessons learned from previous summers and reminding them of the value to the campers in being in a secure environment.

The following topics are designed as an outline of some of the essential points to be covered in any staff training program. Every camp has its own traditions and philosophy and should include these in its planning.

Now is the time to evaluate YOUR program because you are reasonably fresh from your summer and can look back more objectively and ahead more idealistically.

Camp History:
- organization history
- camp's history
  - rationale for founding
  - camp traditions
  - site: how secured and legal status
  - facility developments: past, present and future
  - program development
  - administration and policy setting procedures

Camp Philosophy:
- camp's philosophy, goals and objectives
- parent association philosophy
- clientele description
- commitment expected of campers, parents, staff

Camper Needs and Age Group Characteristics:
- age group characteristics
- camper needs
- first day(s) at camp
- last day at camp
- problem behavior
- dealing with unique situations

Program Skills, Sites, Facilities:
- programs common to all age groups
- use of resources: in and outside of camp
- activities specific to site and setting
- site and facility uses, limitations, uniqueness

Camp Routines:
- rules and regulations
- emergency procedures
- food service and meals
- health procedures
- duties and fatigues
- arrivals and departures
- mail system
- rest period and bedtime

Public Relations, Health and Safety:
- Provincial Health Standards
- Camping Association Standards
- setting and maintaining personal health standards
- first aid procedures and as a program
- security measures
- defining and promoting the camp image: staff responsibilities
- off-limits areas

What is a Camp Counsellor?
- basic leadership skills: group dynamics
- age, skill, experience standards of camp
- communications skills, teaching skills
- preparing for camp: hiring, job descriptions, contracts

Programming:
- who, what, when, where and why of your camp program:
  - who plans and implements the program
  - what facilities, equipment, site, and human resources are available
  - what season(s) do(es) your camp operate
  - what are your major program and environmental areas?
- planning methods:
  - camper planned, staff planned, combination
  - all camp, small group
  - peer groups, family groups
- scheduling techniques: structured, unstructured, combination
- staff structure

Special Groups:
- specific needs of mentally, physically, emotionally handicapped campers
- specific facility and site considerations

FORMATS

A CAMP MANUAL covering the specific details of each section will be most helpful for a number of reasons:

1) a written reminder of details for the staff
2) a method of consolidating and finalizing your thoughts
3) a written report for future directors and boards

The Camp Counsellor's Handbook - by Blackstock and Latimer is a valuable and readable reference for your staff.

THREE DAY TRAINING WEEKEND

- the camp manual will be especially helpful for this short weekend
- the Camp Counsellor's Handbook, or a similar reference should be suggested or required reading for your staff
- the weekend should be at your camp
- follow the routines and lead as you wish your staff to lead your campers

DAY ONE:
- arrival at camp
- camp tour
- camp rules, regulations, boundaries
- special campfire including:
  - mixer
  - camp history and philosophy
  - introduction to camp traditions
  - job descriptions
  - introduction to camp songs, games, campfire procedures
- quiet time and discussions

(cont. on page 12)

music for young campers

Many young campers are experiencing camp for the very first time... everything is new to them. Music can be used as a very effective 'ice breaker'. After the younsters have grown accustomed to their new surroundings, music can continue to be an integral part of their camping days - exercises, sing songs, drama and activities both in their 'section' and with the rest of the camp. Through music, the children can learn about themselves, working with others and being part of camp - an important part! Have younger campers teach 'special event day' songs to the rest of the camp, and participate in all -camp concerts.

Because they are new to camp, many of the camp songs, graces, chants etc. that staff and older campers take for granted, will be unknown to younger canpers. Counsellors should give these campers and 'intensive course' in the learning of these old favourites during the first few days of camp - singing them over and over, anywhere and anytime! This will help them to quickly feel like a part of camp and that they really belong.

Some musical ideas for the younger folk:

1. Action Songs
   - easy to teach, easy to learn
   - super for getting concerted action
   - use for waiting periods, energy-spending device, or fearful times (ie thunderstorms) - good mind occupier!
   - good for co-ordination skills (body and speech)

2. Songs for Activities - young ones are more susceptable to inclement weather conditions - counsellors should have a vast supply of songs on hand - relate them to your particular activity if you can ('sea shanties' are a great help to maintain a steady stoke in canoeing.

3. Painting to Music - let the kids try to show the rhythm of the music in their pictures.

4. Feet Painting - have children dance to music on paper with finger(feet?) paint - definitely an activity for the more energetic counsellor.

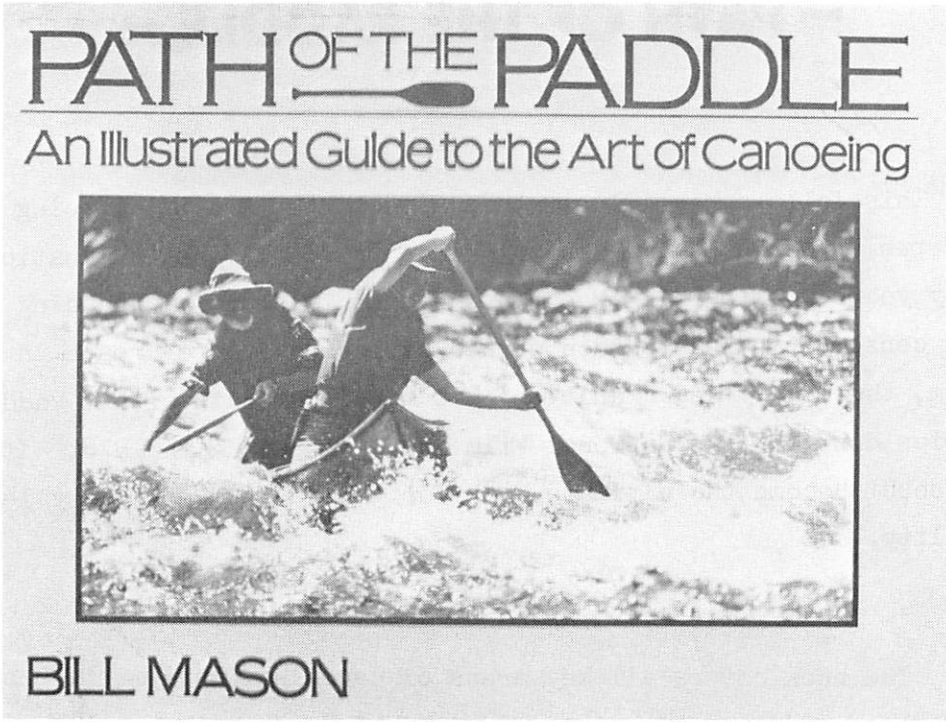
5. Rhythm Bands - fun to make own instruments, instruments can be anything, be sure to follow up - teach different rhythms to different songs, then parade through camp!

6. Folk Songs
   - an excellent learning experience
   - can expand this into a larger program or special event
   - have a senior cabin lead the younger ones at a campfire.

(cont. on page 12)

PUBLICATIONS

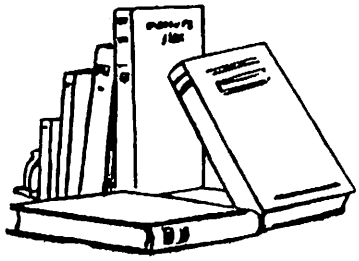
The C.C.A. Publications Service is happy to announce that Bill Mason's new book PATH OF THE PADDLE published by Van Nostrand Reinhold will be available early in November. The book contains 500 black and white photographs and line drawings, 24 colour photographs and is 160 pp. in length. Hardcover only, the price is $19.95 until December 31, 1980 and $24.95 thereafter. Order now for Christmas giving.



"I have known Bill Mason for many years. I have paddled with him, traded outrageous stories with him about past canoeing expeditions, and listened for hours as he shared his rich experience of nature, of wildlife, and of rushing waters. I have seen and greatly admired the many award-winning films on nature, conservation and canoeing which he has produced for the National Film Board of Canada. This book is an extension of his film work into the print medium. I was written with the goal of sharing with others his expert knowledge and boundless enthusiasm for one of the most satisfying activities known to man."

PIERRE ELLIOTT TRUDEAU
from the
FORWARD TO PATH OF THE PADDLE

BOOK REVIEW



by Tom Best

— PATH OF THE PADDLE —

This fall, a new illustrated guide to the art of canoeing will be published in Canada. Path of the Paddle is the culmination of many years work by Bill Mason. One of this country's leading canoeists and conservationists, Mason worked diligently to re-create in book form, the beauty and clarity of his marvelous Path of the Paddle Film Series done for the National Film Board of Canada in 1978. It will no doubt become the ultimate book for the canoeist of every level of ability.

The book covers all key areas of canoeing, equipment, basic and advanced paddling techniques, white water canoeing, how to read various water conditions, anticipating and avoiding serious problems, safety measures, wilderness camping and much more. But the book is far from a standard dry textbook on canoeing. Using over 500 illustrations, including drawings, black and white and brilliant colour photographs, Bill Mason has captured the rough elegance of canoeing. The book's photography makes you feel as if you are there in the bow seat, white water frothing about you, or sitting quietly on the edge of a familiar lake, mist steaming all around. Mason combines practical information with his own personal experiences of canoeing North America's most exciting wilderness rivers to create a lively text that will appeal to both the dedicated individual and the family canoeist.

Bill Mason is a man of disarming small stature, so much so that when I first met him I couldn't believe it was the same man I had seen so gracefully master the skills of canoeing in his films. Living in the Gatineau Hills near Ottawa with his wife and two children, Bill continues to work for the National Film Board in Ottawa. He is best known for his works Cry to the Wild and Paddle to Sea, and for the Path of the Paddle series, four films on canoeing that have been acclaimed for their instructional value and beauty. These four films have become the most popular films ever produced by the NFB and are available accross Canada from any library that has NFB films. He is hoping to complete another canoeing film late in the new year or spring of 1982. Mason is no stranger to resident camping in Canada having learned a great deal about the art of canoeing at Pioneer Camp in Manitoba while on staff there. This, combined with an incredible 20 years of experience canoeing in this country, allows every reader an opportunity to learn more about an activity which is so traditionally "Canadian".

Pictures from the book have been supplied by Van Nostrand Reinhold.

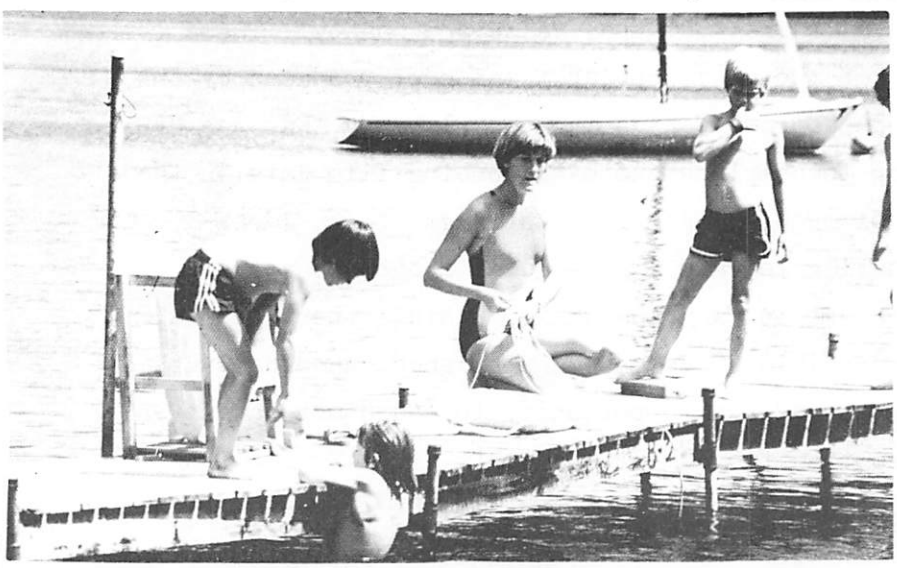
The COUNSELLOR'S Page

COUNSELLOR EXCHANGE PROGRAM

Good camp counsellors are a precious commodity on today's camping market. Do we, as camp owners and directors have an obligation to provide for their development, as well as the development of our facility and our campers? The Leadership Training Committee of C.C.A. feels that an excellent means of providing a growing experience for counsellors would be through an exchange between camps.

What better way to develop an understanding of the great variety of camping experiences and to expand the horizons of the young people with whom we work? How often is camp manpower lost simply because kids tire of repeating the same or similar experiences. Staff could be motivated to continue in the camping field if offered the exciting opportunity of a new camp experience in a different part of the country.

What a benefit to the camps, too, if fresh ideas are brought with the counsellors. Could the new programs suggested by exchange counsellors help us rejuvenate a stalling camp program? Campers and other staff would be enriched by the interaction with these new staff. And when they return home - the new ideas and the enthusiasm they'll bring back to our programs.



Lastly, let's not forget the benefit of a counsellor exchange, to camping in general, and to this great country of ours. An exchange of experienced, committed young people throughout the many camps across Canada would do much to pro-

mote regional and cultural understanding.

The Leadership Training Committee is interested in promoting a camp counsellor exchange. If you would be interested in participating, please contact.

Bev. Bullock
877 Seneca Place
Kamloops, B.C. V2B 6S3

FAITH IS THE VICTORY

It is my profound conviction that this universe of ours, vaster than our wildest dreams, more complex than the most complicated machinery that ever could be devised by the mind of man, is a universe of law and of purpose. I am sure that in all ages and in all countries those who have achieved greatly for their fellows have somehow or another sensed this fact - even though they haven't always agreed on the name.

Work, play love and worship are held together by the cement of faith. Work without faith is drudgery. Play without faith is frivolity. Love without faith is sentimentality. Worship without faith is hypocrisy.

As you go out from camp don't let the cynics and the hard boiled realists tell you that the age of man's glory is over, that the period of his accomplishment is finished. Let your faith be a burning torch. Let your faith be and over-mastering passion, and over-powering ideal. Only for those who greatly belive and who greatly venture can great dreams come true.

From a Sunday Evening Talk by Joseph McCulley

A COUNSELLOR AND C.I.T. TRAINING PROGRAM

(cont. from page 5)

DAY TWO:
- Breakfast
  - meal time procedures
- Morning Sessions
  1. Introduction to your camp and how it operates
     - review camp philosophy
     - camp routines
     - health and safety procedures
  2. Activity session
- Lunch
- Afternoon Sessions
  1. Camper needs and age group characteristics
  2. Special groups
  3. Activity sessions (set up shelters if camping out)
- Supper: arrange to have a cookout
- Evening Sessions
  1. Basic leadership skills
  2. Quiet time/ campfire

DAY THREE:
- Morning Sessions
  1. Camp programming
  2. Public Relations
  3. Activity sessions
- Afternoon Session
  1. Continue basic leadership skills
  2. Activity session
  3. Pack up and head home

music for young campers

(cont. from page 6)

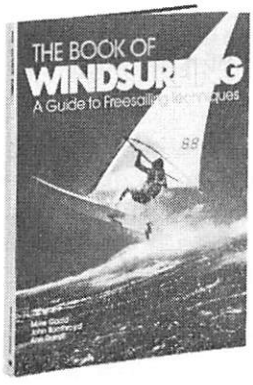
7. Classical Concerts
   - younger campers CAN get involved
   - many songs by the 'masters' are available for younger children.

8. Some Suggestions for Leading

   a) echo songs, or songs that build are good
   b) teach slowly, break up the song into very small parts
   c) speak clearly, look at each child individually
   d) if teaching a new song, follow-up by repeating it often
   e) be careful of choosing songs - decide what mood you want to create.
   f) There is nothing like a singsong to bring a rowdy group of youngsters down to earth!

by Christine Nixon
Camp Oconto

PUBLICATIONS



THE BOOK OF WINDSURING

Mike Gadd, John Boothroyd, Ann Durrell

This lavishly illustrated guide to free-sailing techniques has been written by a team of Canadian experts and provides complete information on the sport for both novice and accomplished free sailor.

$ 9.95 paperback

The Canadian Camping Publications Service is happy to announce that this year for the first time we are in a position to offer both a beautiful 1981 Calendar and/or a 1981 Appointment Book, the latter is available in either French or English. These are available for a limited time only, so order now for your own use or for gifts. Only prepaid orders will be accepted, please order by December 1, 1980.

CANADIAN NATURE 1981

Twelve full-colour photographs of animails, birds, wildflowers and landscapes by leading nature photographers are featured in this popular wall calendar. It has write in space for each day and includes an introductory essay and artwork by a leading naturalist and nature artist. CANADIAN NATURE 1981 is packaged in a two colour corrugated self-mailer. $ 5.95

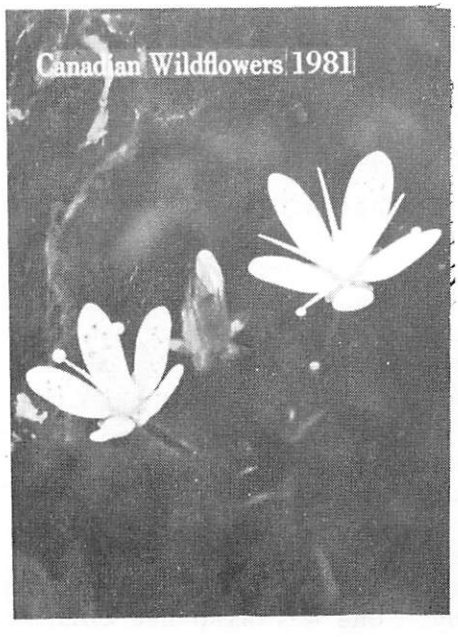
CANADIAN WILDFLOWERS 1981

This popular appintment book contains 53 beautiful full page colour photographs of Canadian wildflowers. It is packages in an attractive five colour presentation box. $ 6.95

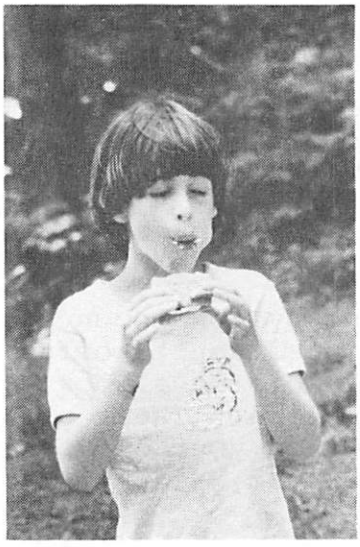
FLEURS SAUVAGES DU CANADA 1981

For the first time we are offering the popular CANADIAN WILDFLOWERS 1981 in a French edition. The appointment book contains the same 53 colour photographs as the English edition and is packaged in a five colour presentation box $ 6.95

Please specify either French or English



trip menu planning and nutrition



Careful planning of your menus can add greatly to the pleasure of your trip. Some important considerations when planning a menu for a canoe trip are: nutrition, cost, weight, type of food, taste and appeal, length and route of the trip and expected temperature (warm or cold).

If it is cold or wet one will want more soup and also more fat in the diet. One wants to remain healthy so must have a well balanced diet consisting of the proper balance of carbohydrates, fats and proteins, but also including the proper vitamins and minerals

	Fat	Carbohydrate	Protein
Recommended balanced diet	30%	60%	10%
Average North American diet	40-45%	40%	15-20%
Recommended diet for training athlete	40%	45%	15%

See Canada's Food Guide for food groups to get the proper vitamins and minerals. Calcium, vitamin C and thiamin are often lacking in one's diet.

Carbohydrates are easily digested and are therefore used for quick energy. Proteins are used to build and repair body tissues. Fats are stored in our body and are the only sizable reserve supply of food energy.

Cost and weight seem to be in reverse proportion. Freeze dried food and dehydrated are the most expensive but the lightest in weight. One is limited to the amount of fresh food one can take on a trip and one wants to limit the number of cans as they tend to be bulky and heavy. Any cans taken into the wilderness should be burned, crushed and carried out again.

Sugar should be cut down drastically because it adds weight but contains no nutrients.

Make your menu appealing by using a combination of fresh food, freeze dried, dehydrated, and other alternatives. Use lots of spices.

The other alternatives are grains, legumes and pasta. Since these foods are not complete proteins in themselves, they must be used in combinations at each meal in order to get a well balanced diet. These combinations are as follows:

(a) grains (cereal, pasta, rice) plus legumes (beans, lentils, dried peas)
(b) grains and milk products
(c) seeds (sesame, sunflower) plus legumes

For more nutritious meals use a mixture of flour other than white.... whole wheat, rye, graham or soy. One may also use corn meal, wheat germ and bran. Use brown rice to replace some

(cont. on page 16)

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trip menu planning

(cont. from page 14)

of the white. Also use soy grits or flakes, nuts and seeds in your recipes. Spend time in the evenings baking for the next day's lunch, try various bread recipes.

One can experiement and get many interesting and nutritious combinations. Meal time should be a highlight, a happy, social time, not an ordeal.

by Carol Hodgins
Camp Wanapitei

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